4: Fortes and Fortes E-5 (1934-1936) 1936
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252 262 desired, between two overlapping leaves. As soon as the water boils the cakes are arranged one on top of the other inside the pot, which is then closed tightly with a lid or calabash. The cakes are thus cooked by the steam, and are ready in 15 minutes. They are like baked porridge in appearance and are eaten with melted shea-butter spread over them and a sprinkling of salt and red pepper. *Guor* is principally cooked for market sale, but is occasionally cooked by the housewife to vary the menu.

Milk (*bikim*)

262 234 Milk is obtained only from cows and is eaten as curds (*bigbihir*) mixed with flour. Herdboys, however, when out on the pasture sometimes milk the cows for a drink.

Shea-Butter (*kpaam*)

252 262 There are five stages in the making of shea-butter:

1. The nuts of the shea fruit (*kpi*) are crushed with a stone to a brown pulp.
2. The pulp is placed in a large open pot (*sar*) over a fire, and stirred with a stick for a considerable time till it is a thick, sticky mass.
3. This is then ground quite fine. The grinding releases the oil.
4. It is now washed in several changes of water, being stirred continually with the hand, until the oil rises to the surface.
5. The oil is skimmed off the water, melted over a fire, and again skimmed till pure white oil is obtained. This is put into calabashes or small pots. [278] The dark oil-scum (*kpabut*) is kept for medicinal purposes. It is only used externally. The brown fibrous residue left after the washing process is made [372] into small balls and dried. This is *burum* and is used for making fires.